



MARCH 2026

Horizons Newsletter



WELCOME LETTER

Longer days, a little more sunshine, and we're officially marching toward spring! Please read this newsletter closely for special programs and updates. To register for an event or if you have questions please call the Marquette Senior Center at **(906)-228-0456**

A quick (but important!) note ,we are **fully booked for tax appointments this season** and are no longer taking additional appointments. Thank you to everyone who signed up early! A huge shoutout to our **amazing AARP volunteers** who make this program possible each year — we truly couldn't do it without you. And thank you to the wonderful **Lakeview Arena staff** for hosting our tax program and helping everything run smoothly. Here's to warmer days ahead!

INCLEMENT WEATHER

Please note that if MAPS closes for Inclement Weather all Senior Center activities are cancelled that day.

SENIOR CENTER HOURS:

Mon.-Thur. 7:30am-4:30 pm,
Friday 7:30am -11:30 am

Baraga Gym programming for Fridays is not affected, but gym users do not have access to the senior center as it is closed to the public Friday afternoons.

Pharmacist Office Hours



with **Anna Rumbles, PharmD**
Director of Pharmacy, Upper Great Lakes Family Health

Anna will be available to answer general questions you may have about your medications. Please feel free to bring in your pill bottles!

First and second Thursday of each month from 11:00am-1:00pm **March 5th & 12th**

Please call the Center at **(906) 228-0456** to make an appointment!

Gym Calander Change

Due to increase cleaning needs of the Baraga Gym the pickleball schedule for Fridays has changed please see page 4 & 7 for details.

2 OUR PROGRAMS

SILVER SAMPLER

Silver Sampler is an Outdoor Recreation and Education Program with a focus on building skills, knowledge, abilities and resilience. This semester we will have another Recreation Intern joining us at all activities.

Register Required for All events call the center at 906-228- 0456.

MARCH

Curling

Sunday, March 15th at Lakeview Arena 7pm limit 10

Bowling

Thursday, March 26th at Superior Lanes 3pm limit 15 Cost of the event is covered

APRIL

Salamander Migration Hike

Thursday April 2nd, 1pm limit 12

We will partake in an easy hike around the Presque Isle followed by a brief presentation from the Superior Watershed on the Blue Spotted Salamander Migration.

Rock Climbing

Thursday, April 23rd

4pm Limit 10

Join us at the PEIF rock wall for an introduction to indoor climbing! We will be meeting at the PEIF Rec Center at 4pm, and the wall will be open for our private use until 6pm.



What kind of shoes do frogs wear when spring comes?

Open-toad.



G 18

05

The Marquette Senior Center presents...

BINGO!

WITH GREAT LAKES WEATHERIZATION

Wednesday, March 11th
1:30 PM – 3:00 PM
Senior Center, Room B

Join us at the Senior Center for a fun and informative afternoon of Bingo! Learn how Great Lakes Weatherization can help you!
There will be prizes!

B 27

09

12

HI-LOW GROUP FITNESS

Monday/Wednesday/Friday @ 9:00 am. This is a higher impact aerobics class using a variety of cardio, floor and some weights. Join Lynn & Diane as they alternate routines.

ABC'S FITNESS

Abs, Balance, Core & Strength! Join Instructor Gail Maki on **Tuesday & Thursday at 8:45am** in the Baraga Gym.

ASAHI

A mind-body health practice from Finland that can be practiced by people of all ages and in all states of health or physical condition. Join instructor, Don Bode on **Mondays and Fridays 10:30-11:30am** in the Baraga Gym. It is great for strengthening, developing balance, and reducing stress. If you are interested, you can text Don about Teacher Training information 906-236-0960.

TAI CHI

Tai Chi is a slow moving, core strengthening, great for your balance routine which uses gentle, slow-moving motions. Led by Maria on **Tuesdays and Thursdays from 10:30-11:30** in the Baraga Gym.

BROGAN & YONKERS, P.C.

ESTATE PLANNING SEMINARS

Estate Planning can be overwhelming, but it doesn't have to be. Learn from our experienced and caring attorneys by attending one of our **FREE** educational seminars near you.



- April 30: Iron Mountain, 6:00-8:00 pm CT**
 - Bay College West, 2801 US-2. Room 231 A
- May 2: Gladstone, 6:00-8:00 pm ET**
 - Terrace Bay Hotel, 7146 P Rd
- May 8: Manistique, 6:00-8:00 pm ET**
 - Comfort Inn, 617 E Lakeshore Dr
- May 9: Marinette, WI 6:00-8:00 pm CT**
 - Little River Country Club- N2235 Shore Dr
- May 13: Marquette, 6:00-8:00 pm ET**
 - Peter White Public Library, Heritage Room

- May 22: Houghton, 6:00-8:00 pm ET**
 - Bluffs Assisted Living, 1000 Bluff View Dr
- May 22: Sault Ste. Marie, 6:00-8:00 pm ET**
 - Best Western, 4335 I-75 Business Spur
- May 23: Ironwood, 6:00-8:00 pm CT**
 - Elk and Hound, 200 Country Club Rd
- May 28: Munising, 5:00-7:00 pm ET**
 - Lakeshore Manor, 200 City Park Dr
- June 5: Baraga, 6:00-8:00 pm ET**
 - Baraga Lakeside Inn, 900 US-41

Call us today to register:

906-228-6212

BY BROGAN & YONKERS, P.C.
Life-Focused Estate Planning



4 OUR PROGRAMS

PICKLEBALL

IN THE BARAGA GYM

Novice: 12:00-1:00PM Monday-Thursday

Intermediate:

1:00-2:30PM Monday-Thursday

Advanced /Competitive:

2:30-4:00PM Monday-Thursday

All Skill Levels:

2:30-4:00pm Every Friday

BLOOD PRESSURE/BLOOD SUGAR CLINIC FREE

Friday, March 27, 2026 11am-12pm.

DUPLICATE BRIDGE

Tuesdays, Thursdays, and Fridays at

12:30pm. Classes Saturday at 10am.

Call 217-741-7867 to sign up!

WALKING HOURS IN THE BARAGA GYM

Mon: 7:30-9:00am, 11:30am-12pm

Tue & Thu: 7:30-8:45am, 11:30am-12pm

Wed: 7:30-9:00am, 10:30am-12pm

SENIOR FITNESS

Every **Monday, Wednesday & Friday at**

10:30am This fitness class offers a low impact, chair exercise at a pace everyone can handle. Watch the video and get your arms and legs moving!

PINOCHLE

Join the Pinochle fun on **Monday** mornings beginning at **11:00am**. Hope to see you there!

KNITTING GROUP 1-3pm

Meets 2nd and 4th Monday each month.



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FOOT CLINIC

We have several different choices. If you would like an appointment please call us today at (906) 228-0456. Please note that Cindy retired, and we wish her all the best! So UP Home Health Care will now offer two dates: **Tuesday, March 3rd from 9am-3:30pm**, and **Thursday, March 19th from 8:30am-1:30pm**.

Cost: \$25 Please remember to bring a basin to soak your feet and a towel to dry them! 906 Foot Care, offers individual appointments and prices vary for services.



CHAIR YOGA WITH NICOLE SHEREE

Room B at the Senior Center,
Wednesdays, March 4th and 25th from 1:30-2:30pm

PARKINSON'S SUPPORT GROUP

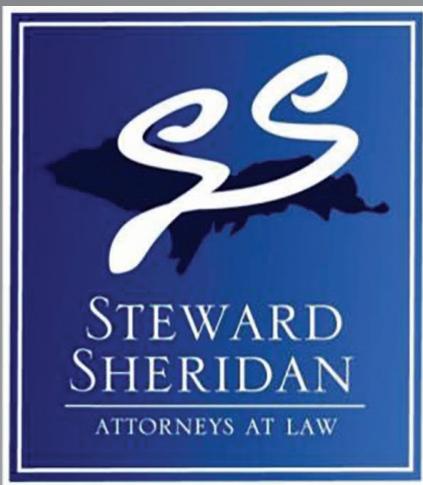
Wednesday, March 18th, 2pm - 3pm at the Senior Center. Caregivers welcome!

UKULELE CLASSES

TUESDAYS!

March 3rd and 17th CLASS WILL BEGIN AT 3:15pm at the Marquette Senior Center with Scott.

CRIBBAGE TEAMS FOLLOW ESTABLISHED LEAGUE SCHED. Play starts at 12:00.



Elder Law Attorneys

James B. Steward, CELA*
Angela M. Hentkowski, CELA*
Erin E. Mortenson

*Certified Elder Law Attorney by the National Elder Law Foundation as accredited by the American Bar Association

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6 THIS-N-THAT

OFFICE HOURS IN BIG BAY

Need help remaining independent or with your Medicare? Social Worker Elizabeth Sherman will be at the Big Bay Township hall holding office hours free of charge on March 5th, April 2nd and May 7th. Please call 906 228-0456 to book an appointment.

CAREGIVER SUPPORT GROUPS MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Join us in person on **3/11/26** from **2:00-3:00pm**

Telephone Based Caregiver Support Group:

a great opportunity for caregivers who are unable to leave the person they are caring for. Join us from your own home via telephone or cell phone on **3/18/26** from **2:00-3:00pm** call (906) 225-7760 to register.

ALZHEIMER'S ASSOCIATION

Marquette county caregiver support group
Every second Saturday of the month at 11am at the Peter White Public Library
Contact Jack Vander Lugt 906-373-3107 if you want to attend.

DROP IN GRIEF SUPPORT: MARQUETTE

Lake Superior Life Care & Hospice office, 914 W. Baraga Ave. Join us to share, listen, or simply be among others who understand. Come as you are when you need it most. No registration or affiliation to our hospice is required. This Month is on **3/25/26**
Takes Place every 4th Wednesday at 4:00pm.

FEEDING AMERICA TRUCKS

Thursday, March 12, 2026 10:00am - (Drive Thru), Silver Creek Thrift Store, Marquette
Wednesday, March 18, 2026 12:00pm - (Drive Thru), NMU Berry Events Center, Marquette

AGE UP AGE WELL PRESENTATION AND COGNITIVE SCREENINGS

Christine Harkness –
Speech Language
Pathologist

One hour presentation Tuesday March 10th at 10am Call to register!

We don't need to fear getting older. Chris will share strategies to celebrate aging and address misinformation. She will differentiate between typical aging and dementia while offering a variety of resources and access to information. Her goal is to meet people where they are on their own aging journey and provide strategies to encourage cognitive flexibility and endurance.

Cognitive Assessments:

March 24, 2026:

30-minute appointments \$25 Results are immediate yours to keep. Call to book!

WINTER PARKING BAN

Is in effect through April 1st. During that time there is **NO PARKING** on the north side of Spring Street. We understand that this affects our clients and user groups. We also ask that you please use the parking lot by the police station if you are able.



**Secretary of State
Mobile Office**

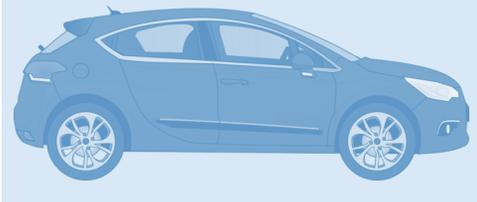
Will be at the Marquette Senior Center again in May 2026.



Senior Skate
FREE, DROP-IN ICE SKATING
AT LAKEVIEW ARENA! 50+
 FRIDAYS 7:00PM-8:30PM
March 6 and 13
 *March 13 is the End of Season Party

RSVP RIDE TRANSPORT
 In partnership with RSVP of Marquette County we help provide a non emergent medical transportation program. You must call our office at least 5 business days before your appointment. This service is free of charge to seniors in the community. Limit 1 transport/week.

If you are interested in becoming a volunteer driver for the program you can reach out to us as well! Mileage is reimbursed.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| Walking 7:30-9:00 | Walking 7:30-8:45 | Walking 7:30-9:00 | Walking 7:30-8:45 | Walking 7:30-9:00 |
| High -Low Fitness 9:00 | ABC Fitness 8:45 | High -Low Fitness 9:00 | ABC Fitness 8:45 | High -Low Fitness 9:00 |
| Asahi 10:30-11:30 | Tai Chi 10:30-11:30 | Walking 10:30-12:00 | Tai Chi 10:30-11:30 | Asahi 10:30-11:30 |
| Walking 11:30-12:00 | Walking 11:30-12:00 | | Walking 11:30-12:00 | Gym Cleaning 11:30-2:30 |
| Novice Pickleball 12:00-1:00 | Novice Pickleball 12:00-1:00 | Novice Pickleball 12:00-1:00 | Novice Pickleball 12:00-1:00 | Gym Cleaning 11:30-2:30 |
| Intermediate Pickleball 1:00-2:30 | Intermediate Pickleball 1:00-2:30 | Intermediate Pickleball 1:00-2:30 | Intermediate Pickleball 1:00-2:30 | Gym Cleaning 11:30-2:30 |
| Adv./Comp. Pickleball 2:30-4:00 | Adv./Comp. Pickleball 2:30-4:00 | Adv./Comp. Pickleball 2:30-4:00 | Adv./Comp. Pickleball 2:30-4:00 | All Sill Levels Pickleball 2:30-4:00 |
| | Senior Dance 4:00-5:00 | | | |

CONGREGATE MEALS 12-1PM

Wednesdays
 Call the Senior Center to sign up by noon the day before.
 \$4 suggested donation.
3/4 Cheeseburger, baked beans and fruit
3/11 Swedish Meatballs, garden rice veggies & applesauce
3/18 Roast Beef, mashed potatoes, veggies & pears
3/25 Spaghetti meatballs, peas & apple crisp

6 CALENDAR

March 2026



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|----------|
| 1 | 2 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball | 3 9-3 Foot Clinic 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele Class | 4 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair Yoga | 5 10:30 Tai Chi 11:00 Pharmacist Office 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Office Hours in BIG BAY | 6 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge 7:00 Senior Skate | 7 |
| 8 Daylight Saving (set Clocks ahead one hour) | 9 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting Group 4:00 Senior Theatre | 10 10:00 - 12:00 Aging Up Presentation 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance | 11 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Bingo | 12 10:30 Tai Chi 11:00 Pharmacist Office Hours 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge | 13 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge 7:00 Senior Skate | 14 |
| 15 Silver Sampler Event | 16 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball | 17 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance 3:15 Ukulele Class | 18 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 2:00 Parkinsons Support Group | 19 9:00 Foot Clinic 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event | 20 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge | 21 |
| 22 | 23 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball 1:00 Knitting Group 4:00 Senior Theatre | 24 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 4:00 Senior Dance Cognitive Assessments | 25 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball 1:00 Senior Art 1:30 Chair yoga | 26 8:30-1:30 Foot Clinic 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge Silver Sampler Event | 27 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 BP Clinic 12-4 Pickleball 12:30 Bridge | 28 |
| 29 | 30 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 11:00 Pinochle 12-4 Pickleball | 31 10:30 Tai Chi 12-4 Pickleball 12:30 Bridge 3:15 Ukulele Class 4:00 Senior Dance | 1 9:00 Hi-Low Fitness 10:30 Senior Fitness 12:00 Congregate Meal 12-4 Pickleball | 2 10:30 Tai Chi 12:00 Cribbage League 12-4 Pickleball 12:30 Bridge | 3 9:00 Hi-Low Fitness 10:30 Senior Fitness 10:30 Asahi 2:30-4 Pickleball 12:30 Bridge | 4 |
| 5 | 6 | Notes: AARP Tax's Assistance Program is at Lakeview Arena. We are no longer taking appointments at this time. | | | | |



Tech Coaching for Seniors

1-On-1

Learn how to customize your cellphones, ChromeBooks, iPads etc. with Christine Ault, retired teacher and librarian, during a 1-on-1 session.

When: Tuesdays 10 AM - 1 PM
April 7, 14, 21, 28
May 5, 12, 26

Where: Local History Research Room

Special Topic

Learn more about a special tech topic in a group setting. Space limited, registration required.

When: Thursday 10:30 AM
April 16, 23
May 7, 28

Where: The Heritage Room

Call 906-226-4311 for more info or to sign up today.



When will it happen?
Thursdays March 19th - April 23rd 2026
1:30 - 3:00 pm EST via Zoom



Class size is limited! Registration ends March 2nd or when class is full.

To register visit our website at:

www.upcap.org (click on OTHER/EVENTS)

or call 2-1-1 for assistance

There is no charge for this online workshop. Participants must have a device with internet connection, webcam, microphone, and email address to attend. Class materials are provided

Workshop is offered in partnership with UPCAP and Lake Superior Life Care & Hospice



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Dr. Anja Hoffstrom



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ART CORNER 10

Senior Visual Art Classes

Wednesdays from 1:00pm-3:00pm at the Marquette Arts & Culture Center (unless otherwise noted), located in the lower level of Peter White Public Library.

Participants residing outside of the Senior Center's service area may attend for a suggested \$5 donation. **PRE-REGISTRATION IS REQUIRED**; call Tristan at (906) 225-8655 to sign up.

Wed., March 4, 18, and 25—Metal Stamping with Mavis Farr

Note: March 4 class is full

Wed., April 1 and 15—Acrylic Painting, April Showers Bring May Flowers: Scenic Spring Flowers with Gene Bertram

Senior Dance Classes

Tuesdays, from 4:00pm-5:00pm, in the Baraga Gym. These are beginner-level classes designed for folks who are looking for a fun and engaging, low-intensity workout. No prior dance experience necessary, and you do not need a partner to attend. **PRE-REGISTRATION IS REQUIRED** and can be made by calling Tristan at (906) 225-8655. **No Senior Dance March 3**



EAT. LEARN. TOUR.

Join us for

Welcome
WEDNESDAYS

Each Wednesday at Trillium House, we welcome anyone interested in a fresh cup of Dead River Coffee, lunch and a tour from noon to 1pm.

Welcome Wednesday is a great way to learn about volunteer opportunities, general information on end-of-life care and how we partner with medical hospice teams, where a donation could be most impactful or if our home-away-from-home could be the perfect fit for you or your loved one.



RSVP
(906) 264-5026

The Senior Theatre Experience

is a free program that encourages discovery, learning, and having fun while exploring different aspects of the world of theatre by offering unique experiences which illuminate the creativity, collaboration, and innovation behind the curtain. Participants in the STE enjoy twice-monthly, discussion-based classes in addition to Experiences attending NMU Theatre classes, backstage tours, tech design, and performance rehearsals, as well as free admission to local theatre company productions!

March classes are the 9th and 23rd from **4:00pm-5:00pm** at the **Marquette Senior Center** Room B. No prior acting or theater experience necessary to take part! Please contact Tristan at (906) 225-8655 or tuoma@marquettetmi.gov for more information about the Senior Theater Experience.



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SENIOR SERVICES STAFF

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Lisa Balko
Social Work Coordinator

Elizabeth Sherman, Angela
Davis and Katie Huhta
Social Workers

Tristan Luoma
*Arts & Senior
Services Coordinator*

The Marquette Senior Services are supported by the services of the City of Marquette, Marquette County Senior Millage, Office of Services to the Aging, Region II Area Agency on Aging UPCAP and the generous donations of individuals and organizations in the community. In accordance with all applicable State and Federal Laws – Marquette Senior Services does not discriminate in employment or the provisions of its services.

We provide , Information, Referral, Health, Recreation Services and Arts programming to those 50+ Social Work(60+) at no cost to residents in our service area. The City of Marquette, Marquette Township, Chocolay Township, and Powell Township are all included in our service area.

Please consider making a suggested donation of \$5 if outside of our service area.

